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Review Article

REVIEW ON *MALAHARA KALPANAS* INDICATED IN *VIPADIKA*

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ABSTRACT

Malahara Kalpana can be regarded as a traditional Ayurvedic ointment preparation. Depending on the intended application, these formulations usually have a base of *Siktha taila* together with powdered herbal, metallic, or mineral drugs. Beeswax and *Tila taila* are combined in a ratio of either 1:6 or 1:5 to make *Siktha taila*. *Vipadika* is one of the skin disorders that *Malahara Kalpanas* are used to heal. *Vipadika*, often referred to as cracked feet, is a common but neglected volar skin condition. It is characterized by *Darana* (cracks), *Kandu* (itching), and *Vedana* (pain). Due to its properties of oleation, cleansing, healing, and scar reduction, *Malahara Kalpana* is beneficial for treating *Vipadika*. This paper aims to discuss the possible actions of *Malahara* preparations indicated for the treatment of *Vipadika.*

INTRODUCTION

In *Ayurveda*, external application of medicines in the form of oil or paste of drugs has explained with much importance as that of internal administration of medicine. The application of medicines through topical routes of administration is called *Bahi parimarjana Chikitsa*. It plays a significant role in treating various dermatological conditions. The procedures such as *Abhyanga, Sweda*, *Pradeha, Parisheka, Unmardana*, and *Udwartana*, which are based on *Sparshanendriya*, are included in *Bahiparimarjana Chikitsa*.[1] *Alepana* (the application of paste of drugs) is regarded as the foremost procedure indicated for *Bahirpramarjana* due to its *Adyasameepatwa* (proximity to the intended location) and *Sreshtatwa* (superior quality).[2,3] And it is beneficial in reducing burning sensation, itching, pain and to improve skin complexion.

Although external applications are highly important, their cumbersome usage and short shelf life might discourage patients from using them. *Ayurveda*, since its ancient origins, has always been open to embracing new ideas for the well-being of patients. This openness to innovation may have laid the foundation for the development of various *Kalpanas* beyond the basic *Panchavidha Kashaya Kalpana*. Among *Bahi Parimarjana Chikitsa*, *Malahara Kalpana* is unique and distinctive. The earliest use of the term "*Malahara*," derived from the Unani medicine term "*Malaham*," was introduced by *Acharya Yogaratnakar.*[4] Even though the term '*Malahara*' is not mentioned in the Brihattrayis, some of the external medicinal formulations contain nearly identical ingredients. *Pinda Taila* is an example. Although it is not named *Malahara*, it contains *Sarjarasa*, beeswax *(Madhuchista),* and *Manjistha*, and it has a semi-solid consistency.[5] Classical texts such as *Yogaratnakar, Rasatantrasara & Siddhaprayoga Sangraha, Rasaratna Samuchaya*, and *Rasatarangini* include references to various types of *Malaharas*.[6] The concept behind preparing this dosage form may be to ensure that the medicine remains in contact with the skin for the intended duration.

The dosage form was named *Malahara* because it removes debris *(Mala)* from ulcers *(Vrana),* abscesses (*Vidradhi*), and similar conditions. *Malahara* possesses properties such as *Snehana*, *Sodhana, Ropana*, *Lekhana*, and *Varnya*, depending on the drugs incorporated in it. *Malahara* contains two primary components, powdered ingredients to be incorporated, and a base usually made from beeswax and oil. Compared to other external dosage forms, this formulation is easy to apply, convenient to store, and has an extended shelf life. They are comparable to the ointments and creams found in modern pharmaceuticals. In the preparation of ointments,

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active ingredients, whether in powder form or as extracts, are incorporated into the base material through trituration or fusion methods. By assessing the fundamental properties of *Malahara*, it may prove effective in treating dermatological conditions marked by dryness and itching [7].

Vipadika

Vipadika is a common but neglected skin condition. In *Ayurveda*, it is considered as one among the eleven *Kshudrakushtas* mentioned in Ayurvedic classics, with a dominance of *Vatakapha*. It is associated with *Darana*, *Kandu* and *Vedana* over both palm and sole or either.[8] In *Caraka Samhita* and *Ashtanga Samgraha*, the condition is classified under *Asiti vatavikara*. *Susruta* mentions a comparable ailment named *Padadari*, categorized as a *Kshudraroga*, which is mainly affected by *Vata dosha*.[9] Symptoms of *Vipadika* is given in table no.1.

Table 1: Symptoms of *Vipadika*

***Caraka Samhita*[11]**	***Susruta Samhita*[12]**	***Ashtanga Hridayam* [8]**	***Bhavaprakasa*[13] *Madhava Nidana* [14]**	***Kashyapa Samhita*[15]**
• *Pani pada sphutana* • *Theevra vedana*	• *Darana* of *Pada tala* • *Saruja* • *Kandu* • *Daha*	• *Pani pada dari* • *Theevrarthi* • *Manda kandu* • *Saraga pitaka*	• *Pani pada sphutana* • *Theevra vedana*	• *Sphutana* of *Pani, Pada angushta oshta* and *jangha* • *Srava* • *Vedana* • *Avipakini*

Based on the symptoms, *Vipadika* can be considered as cracking of feet or heel cracks. Cracking of feet or heel fissures are dermatologic condition characterized by disruption in the epidermis which extends to the dermis. Dryness of skin is the major cause for cracks on skin. The skin on the feet can become dry due to various factors such as low humidity, frequent exposure to water, or using harsh soaps. Dry skin can lead to the formation of calluses, which are thickened areas of skin that develop to protect the underlying layers. Standing or walking for long periods, especially on hard surfaces, increases pressure and friction on the heels, causing the skin to split. Thus, cracks on feet may develop and if left untreated, cracked feet can become painful, bleed, and even lead to infections.[10]

According to *Ashtanga Hridaya*, *Vipadika* treatment includes the external application of *Ghritataila paka* containing *Sarjarasa* and *Madhuchishta* and some herbal ingredients.[16] In *Susruta Samhita* indicates *Siravedha, Snehana Swedana* and *Ghrita* prepared with *Madhuchishta, vasa, Majja* and *Sarja choorna.* The treatment procedures mentioned by the *Acharyas* clearly indicates the importance of moisturization in *Vipadika*. To address the *Rukshata* caused by vitiated *Vata*, it is beneficial to use a *Snigdha dravya*.

Even though references about *Malahara* preparations are not available in *Brihatrayis*, ingredients such as *Taila*, *Ghrita*, and *Madhuchishta* are common for *Malahara* and for external applications in treating *Vipadika*. Therefore, *Malahara* appears to be a suitable choice for alleviating *Vipadika* symptoms. this paper aims to analyse the *Malahara* preparations mentioned in Ayurvedic classics for treating *Vipadika*.

MATERIALS AND METHODS

This review was conducted through a comprehensive literature search using various sources. Primary sources included authoritative Ayurvedic textbooks. Additionally, online databases and search engines like Google Scholar were utilized to gather relevant information. The collected data was carefully reviewed and analysed to compile the findings related to *Malahara* preparations for treating *Vipadika* as mentioned in Ayurvedic classics.

Ingredients and method of preparation of *Malahara*

Ingredients of a typical *Malahara* are *Siktha*m, *Tilatailam* and *Dravya choornam*. In *Rastarangini*, the preparation named as *Siktha taila* is explained. *Sikthaka* (bees wax) along with *Tila taila* in specific ratio, after cooking produce a butter like product, which is called *Siktha taila*. The ratio of *Siktha* and *Tilataila* is 1:6 in cold climate and 1:5 in summer season. This *Siktha taila* is used as the base for formulation of *Malahara*. *Dravyas* in fine powder form used to incorporate in this *Sikthataila* at appropriate temperature and mixed it to form a uniform mixture.[17]

Tila taila is of *Madhura rasa* with *Tikta Kashaya Anurasas* and *Madhura Vipaka*. It possesses properties like *Guru*, *Snigdha, Suksma, Vyavayi, Visada, Sara*, *Vikasi* and *Ushna* in *Virya*. *Balya, Cakshushya, Dipana, Garbhasaya Sodhana, Keshya, Medhya, Sandhaniya, Snehana, Stanyajanana, Tvak prasadana, Vatahara, Vranaropana, Vranasodhana,* and *Vrshya* are the *Karmas* of *Tila taila*.

Sikthaka, also named as *Madhuchishta* possesses the properties *Mrudu* and *Susnigdha*. It can pacify the aggravated *Vata* and is *Bhutaghna*, *Vrana Ropaka*, *Bhagna Sandhana krit*, *Kushtajith*, *Visarpajith*,

and *Raktavikarahara*. Thus, it is indicated in *Kushta*, *Visarpa* and *Bhagna*. The combination of *Sikthaka* and *Tilataila* in specific ratio as per season is used as the base of *Malahara Kalpana*.[17]

*Malahara*s indicated for *Vipadika*

*Mriddara sringa malahara*m[18]

One *Tola* (12g) of *Suddha mriddara sringa churna* is mixed with one *Pala* (48g) of *Siktha taila*m in a glass plate and store it in glass bottle. It is mentioned as *Twachya malahara param* that is superior among *malahara*s intended for skin. It is indicated for fracture, *Pama*, *Kandu*, *Vipadika*, *Vrana*, and *Gudamaya*. *Mriddarasrunga*, categorized under *Sadharanarasa*. It is intended for external therapeutic purpose only, there's no references available regarding internal use. It possesses cooling properties (*Sita guna*) and balances *Vata* and *Kapha doshas*. Furthermore, it promotes hair growth (*Keshya*), darkens hair (*Kesharanjana*), heals wounds (*Vranaropaka*), aids in fracture healing (*Bhagnasandhanaka*), accelerate wound contraction (*Sankochaka*), and alleviates skin disorders (*Twakdoshahara*).

*Sindooradya malahara*m[18]

Mix three *Karsha* (36g) of *Siktha taila* along with half *Karsha* (6g) *Tankana* and *Giri sindura* (6g) in a *Khalwayantra* (mortar). When it became homogeneously blend, the product obtained should be kept in a glass bottle.

Sindooradya malahara is a potent ointment prepared by combining 36 grams of *Siktha taila*, 6 grams of *Tankana*, and 6 grams of *Giri sindura* in a mortar and mixing them until homogenous. This formulation is considered excellent for draining pus from wounds, exhibiting antimicrobial (*Bhutasanghata prasamana*) and wound-cleansing (*Vranasodhana*) properties.[18]

Tankana, possessing *Katu, Ushna, Ruksha*, *Tikshna* and *Sara* qualities, along with *Ushna Virya*, is traditionally used for a range of conditions, including liquefying *Kapha*, supporting heart health, strengthening the body, purifying and liquefying tissues, facilitating childbirth and menstruation, acting as an antidote, and treating mercury poisoning. It's indicated for ailments like syphilis (*Phiranga Vrana*), scabies (*Pama*), itching, wounds, fractures, and skin diseases.[19]

Giri sindura, classified as a *Sadharana Rasa*, is exclusively for external use. It is known for alleviating minor skin ailments (*Kshudra Kushta*), benefiting the skin, cleansing wounds, purifying blood, and possessing antimicrobial action. It is indicated for external application in *Pama*, *Vicharchika, Sidhma*, and *Visarpa*.[20]

Therefore, *Sindooradyamalahara*, leveraging the properties of *Tankana* and *Giri sindura*, serves as a valuable topical treatment for wound care and certain skin conditions. It is indicated for external application in *Pama*, *Vicharchika, Sidhma*, and *Visarpa*.

Second *Sindooradya Malahara*m[18]

Second *Sindooradya malahara*m is prepared by combining 36 grams of *Siktha taila* with 6 grams each of *Ralakam* and *Giri sindura* in a mortar and storing the mixture in a glass bottle. This *Malahara* is used to treat conditions like scabies (*Pama*), itching (*Kandu*), fractures, wounds, skin disorders, cracked skin, anal problems, boils, leprosy, and *Visarpa*.

Ralakam, also known as *Sala, Sarja Niryasa*, or *Sarja rasa*, is generally considered to be the resin of the *Sala* tree *(Shorea robusta).* According to *Raja Nighantu*, *Rala* possesses cooling (*Sisira*), unctuous (*Snigdha*), astringent (*Kashaya*), and bitter (*Tikta*) properties. It is used to pacify *Vata* and *Pitta doshas* and is indicated for spots, itching, and wounds. Another resin, derived from *Vateria indica* (*Chandrus* or *Rala* in Unani medicine), from the same plant family, is also commonly used. This *Sarja* or *Rala* is described as pungent (*Katu*), astringent (*Tikta*), hot (*Ushna*), and cooling (*Hima*). It is also unctuous (*Snigdha*), alleviates *Vata*, and is highly beneficial for skin conditions like itching and blisters (*Visphota*).[21]

DISCUSSION

No *Malahara* is mentioned in *Brihatrayi*. Even though it isn't called as *Malahara*, *Pinda taila*, explained in *Vatarakta chikitsa* is similar to *Malahara* in terms of ingredients, preparation technique, and consistency. The Unani medical system is the source of the concept of *Malahara*. The first *Ayurveda* book having references of *Malahara kalpana* is *Yoga Ratnakara*. Three essential ingredients are needed to prepare *Malahara*, an oil base, a binding base, and a powdered component The ratio of oil base, binding base and the ingredient varies from one *Malahara* to other. The quantity of ingredients and the season affect these variations. The ratio can be altered according to season.

Vipadika is a *Vatakapha* predominant *Kshudra kushta* associated with cracks, severe pain, and itching. It can be considered as crack foot or heel fissure based on the similarity in symptoms. The skin on the feet can become dry due to various factors such as low humidity, frequent exposure to water, or using harsh soaps. Dry skin can lead to the formation of calluses, which are thickened areas of skin that develop to protect the underlying layers. Standing or walking for long periods, especially on hard surfaces, increases pressure and friction on the heels, causing the skin to split. Cracks on feet may develop. If left untreated, cracked feet can become painful, bleed, and even lead to infections. In the presence of *Vipadika*, the hydration of the stratum corneum decreases, which may affect the skin's barrier function. To treat *Vipadika*, it is

important to maintain skin moisture and aid wound healing. Thus, applying external medication that prevents dryness and promotes wound healing will be beneficial in treating *Vipadika*. Thus, *Malahara Kalpana* the combination of oil and bees wax as base will be beneficial in case of treating *Vipadika*.

Using emollients for conditions like atopic dermatitis (AD) has been shown to improve skin barrier function by restoring hydration in the stratum corneum (SC) and reducing trans epidermal water loss (TEWL). Plant oils have been used for both cosmetic and medical purposes due to their numerous positive physiological benefits. Even without penetrating deeper layers of the epidermis, the occlusive effect of topical plant oil application helps to decrease water loss from the SC and regulates the proliferation of keratinocytes.[22]

Tila taila (sesame oil) is extracted from the seeds of Sesamum indicum. These seeds are rich in lignans like sesamin, sesamolin, and sesaminol, which possess antioxidative properties. A clinical study by Shamloo et al. demonstrated that applying sesame oil topically can reduce pain severity and decrease the need for nonsteroidal anti-inflammatory drugs in patients with limb trauma. Additionally, sesame oil applied to the skin offers protection against UV radiation and positively impacts the hydration of the stratum corneum.[23]

Beeswax forms a protective thin film on the skin's surface, covering it from external irritants and serving as an effective occlusive. Studies have demonstrated the effectiveness of beeswax-containing moisturizers in enhancing skin condition and maintaining the integrity of the skin barrier. Extensively used in cosmetic manufacturing, beeswax primarily acts as a thickener in occlusives. In topical applications, beeswax helps maintain skin hydration, reduces inflammatory symptoms linked to skin diseases, and alleviates the side effects of burns. Moreover, it possesses the ability to limit the overgrowth of the skin's natural microbes, thus preventing various tinea-related conditions. In addition to its medicinal benefits, beeswax is a staple in cosmetics, helping to shape products, add soothing properties, and enhance brilliance. Beyond its functional uses, beeswax is a cost-effective, natural ingredient.[24]

The other ingredients used in *Malaharas* for treating *Vipadika*, such as *Mriddara sringa*, *Giri sindura, tankana*, and *ralaka*, are commonly used for skin diseases and have wound healing properties.[21] *Malahara* preparations extend the contact time of the medicine at the target site, offering improved shelf life, appearance, and patient compliance compared to other external dosage forms like *Churna* or *Pralepa*. Using *Malahara Kalpana* for *Vipadika* can potentially reduce skin dryness and provide adequate moisture to the volar skin. The powdered ingredients incorporated in *Sikthataila* enhance the antimicrobial and wound healing properties of the *Malahara* preparation. Therefore, *Malahara Kalpana* is highly effective for treating *Vipadika*.

CONCLUSION

Even though *Malahara kalpanas* are not mentioned in *Bruhattrayis*, there are preparations similar to *Malaharas* in ingredients, method of preparations such as *Pinda taila*. *Yoga ratnakara* was first to incorporate *Malahara kalpana* to *Ayurveda*. *Siktha taila* the combination of beeswax and sesame oil in specific ratio is used as the base to incorporate medicinal powders. Beeswax can form a thin film on the skin surface and thus protect against many external irritants and is an effective occlusive also. Topical application of *Tila taila* (sesame oil) protects against UV rays and improves hydration of the stratum corneum. *Tila taila* also has pain-relieving and itch-reducing properties. Increased skin hydration not only prevents skin cracks but also enhances the transdermal absorption of medication. Additionally, with its increased contact time of medicaments, *Malahara* provides effective results at the site of action in treating *Vipadika*. *Malahara* preparations provide several advantages over other external dosage forms. They offer an extended shelf life, improved aesthetic appeal, and better patient compliance. These benefits make *Malahara* a more convenient and effective option for patients, enhancing the overall treatment experience and outcomes.

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